

Housekeeping as a Profession

Brains versus Drudgery

WHERE ELECTRICITY SERVES AS MAID OF ALL WORK

A Washington Woman Proves That Housekeeping Is an Art Based on Scientific Principles.

IT IS rarely that any one's abstract ideals are so perfectly materialized as the ideas of The Tribune Institute are visualized in Mrs. Read's "servantless" home. We are giving the story all the space there is, because, both in letter and spirit, it illustrates a home from which brains and approved household appliances have banished drudgery.

This faith and practice is the rock on which the work of The Tribune Institute is founded. The introduction of machinery has revolutionized national conditions more than once in the world's history. It can revolutionize the life of the home if you give it a chance. Every householder, of course, must adapt these ideas to her own needs and necessities.

Will you let The Tribune Institute help you to solve your personal problem and attain a home like this one? We are here for just that purpose.

Anna Lewis Fenn
Director of The Tribune Institute.

By EDNA MARY COLMAN.

ALL of the varied vocations that belong peculiarly to women there is none so slow to yield to the lure of modern invention and so reluctant to relinquish the age-worn systems of procedure and adopt the time and labor saving devices of the day as that of the housekeeper. To the great majority of women the treadmill of daily routine tasks has become a fatiguing routine as fixed as the laws of the Medes and Persians, which calls for a resigned acceptance of a drudgery that reacts upon housekeeper and household with a joy killing insistence that makes so many homes resemble themselves finally into merely places to eat, sleep and hang up clothes. That housekeeping is a scientific art is being proven repeatedly by women all over the land who put their brains to work to save their time and strength. Washington proudly claims one in this field of practical housekeeping reform. She is Mrs. Albert M. Read, a young matron who not only believes that housekeeping is an art of the highest type, but has demonstrated that it may be a continuous, unmonotonous

Warm Weather Housekeeping

By VIRGINIA CARTER LEE.

ONE so long to put all household cares away while summering in mountains or at the "shore." Yet, if one is keeping house, it can't be done. The craving of the inner man must be satisfied and the housewife who tries to put off her long-suffering family "any old thing" because, as she complains, she "can't be bothered with cooking in the country" is certainly open to severe criticism.

It is so easy, if one knows how, to manage to get up a tempting little supper; to devolve some scallops and run them into the oven ten minutes before you sit down to the table or make a savory au gratin dish from the cold fish left from dinner. The slight extra trouble is well repaid by the delight of the tired mountain climbers or the sailing party that has been off on a fishing trip and is sure to return ravenously hungry.

If your family wants to give a party, why not suggest a "watermelon party"? Have your butcher chill a melon for you thoroughly in his large ice chest and serve it with lemonade. Don't put on a tablecloth, but use the bare table with lace paper doilies. Provide Japanese paper napkins and have some homemade cake and mottos. You will say that even a party in August doesn't always mean an aching head and a tired back for the hostess.

If you feel that you must have a "cream party," make some lemon sherbet, a white cake and have some dainty little sweet wafers that can be purchased at almost any grocery shop.

Shrimp Salad.

For a warm summer day a shrimp salad is more easily prepared than almost any other variety and it is always well liked. Get the canned shrimps, wash, expose to the air for one hour and then chop into small pieces and set in the ice box. Beat two eggs until very light, add one teaspoonful of mustard, the same of sugar, one tablespoonful of melted butter and half a cupful of vinegar. Mix the ingredients well, and cook over hot water until the consistency of cream. Remove from the fire and when cold add half a teaspoonful of salt and four tablespoonfuls of whipped cream. Arrange the shrimps in individual portions on white heart lettuce leaves and pour over each two tablespoonfuls of the dressing.

Devilled Clams.

Take half a white onion. Chop it fine and fry it brown in butter. Chop two dozen clams, drain, mix with the browned onion and fry for ten minutes.

Remove from the fire, mix in one cupful of grated bread crumbs, a little pepper and salt, a few drops of Worcestershire sauce and sufficient thick cream to moisten. Mix well, arrange in buttered scallop shells, cover the tops with crushed cracker crumbs, dot with bits of butter and place in a hot oven until well browned and the sauce bubbles through the crumbs. Serve with brown bread sandwiches.

Devilled Egg Salad.

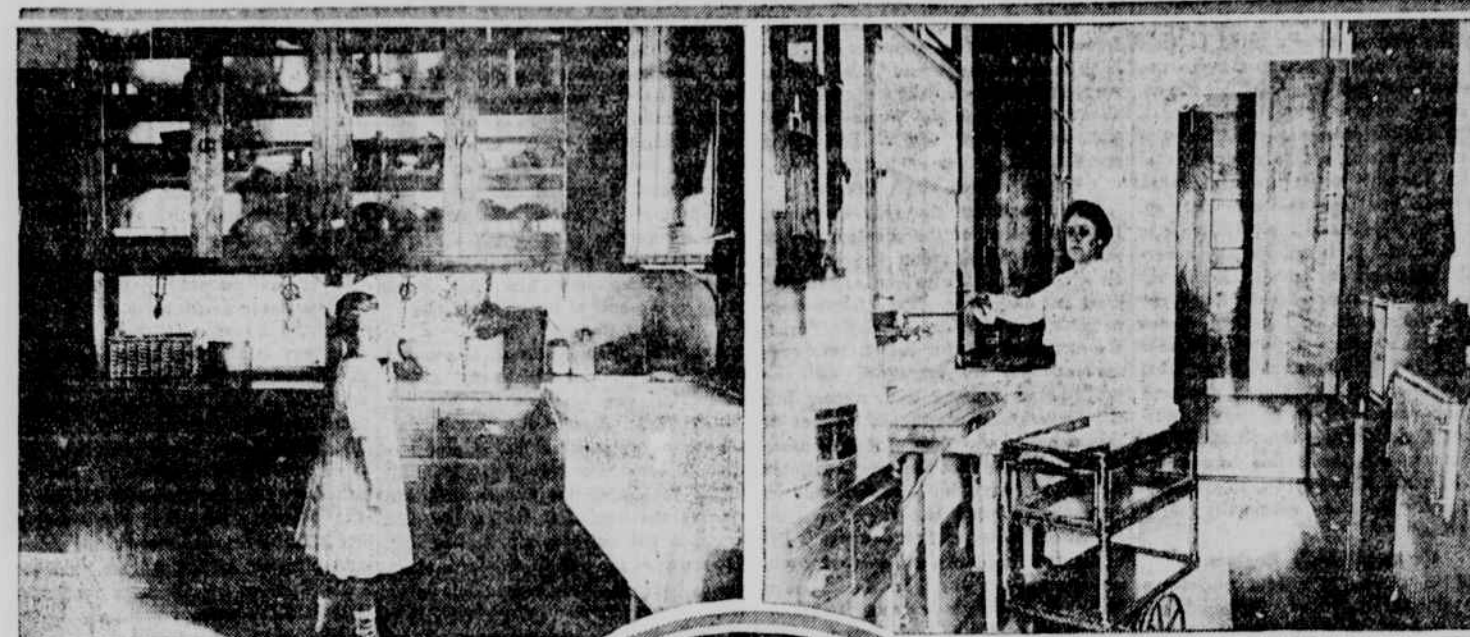
Boil the eggs hard, and when cold cut in halves lengthwise, and with a sharp-pointed spoon remove the yolks. Mash these to a paste, and for each four eggs add three sardines (freed from skin and bones and also mashed to a paste), one slice of minced green pepper, a quarter of a teaspoonful of salt, half a teaspoonful of lemon juice and three tablespoonfuls of chopped watercress. Mix the ingredients well. Fill into the halved egg whites and set in the ice chest to become cold; when ready to serve the salad arrange each individual portion as follows: Place on each salad plate a bed of shredded lettuce, lay over this two slices of chilled, peeled tomato; on the tomato place the two halves of devilled eggs and garnish with mayonnaise and chopped cucumber pickles.

Lemon Sherbet.

Make four quarts of well sweetened lemonade. Use ten lemons and add the grated yellow peel of three. Let it stand for half an hour. Pour three-quarters of a pint of boiling water over one and a half ounces of gelatin that has been softened in a little cold water. When the gelatin is dissolved, strain it into the lemonade. When cold, turn into a chilled freezer, add the stiffly whipped whites of four eggs that have been beaten with six tablespoonfuls of powdered sugar and, lastly, one cupful of cream beaten solid. Freeze very slowly and serve in wide-rimmed sherbet glasses.

Turkish Melon.

Scop out the pink pulp of cantaloupes, after cutting them in halves and, of course, removing the seeds and membrane. Cut the pulp into very small pieces, sprinkle with a tiny pinch of salt and drain thoroughly. To each pint of the pulp add half a cupful of chopped preserved ginger, the juice of half a lemon, sugar to taste and a very little grated nutmeg. Mix to gether carefully, turn into a wide-mouthed preserve jar with a water-tight cover and bury in ice and rock salt for four or five hours before serving.



The Kitchen Is So Arranged That Stove, Sink, Shelves and Cupboards for Dishes Are All Close Together and Convenient to the Dining Room.

the luncheon and we do the things she wants to do. That is my idea of both of us getting at the proper understanding of each other's rights and views."

Mr. and Mrs. Read have recently built a charming house in which Mrs. Read's many original ideas for domestic comfort and simplified service find expression. After much investigation and long study she has evolved a plan for the management of her establishment which in a great measure is possible to every woman who has a house to care for. Realizing the need for efficiency and the importance of conserving her own energy, she has called electricity and mechanical skill to her aid, and installed them in her beautiful home as the servants who do her bidding, thereby reducing the daily housework so materially that she has abundant time at her disposal for all of the social engagements and outdoor pleasures that appeal to her.

The greatest beauty of her achievement lies in her attitude toward her duties, especially in view of the fact that for months she has been handicapped by injured arms. Despite this, she does all of her cooking and her housework, her sewing, baking, runs her automobile, digs in her garden and withal fairly radiates health, happiness and optimism.

Instead of simply giving up active participation in affairs until the injuries had completely healed, as most women would have done, this plucky little woman calmly remarked in explaining the reason for many of her unique arrangements that save her hands:

"You see, I simply had to have a duplicate pair of arms, and these an electric motor supplies."

"How did you come to know how to plan all of this?" she was asked.

What Constitutes Efficiency.

"Efficiency in housekeeping, as in any other business, depends on training and equipment," she replied. "I was trained as I grew up, and have always studied housekeeping problems, since I consider it as much of an obligation for a wife to know how to use wisely the money her husband makes as it is for him to know how to provide for his family."

"My main 'efficiency expert,'" Mrs. Read continued, "is a general utility motor (1-6 horsepower), which is adjusted for different speeds and adapted for attachment to the bread mixer, cake mixer, meat chopper, ice cream freezer and egg beater. This motor was especially constructed to my order, and is at present being changed a little so as to make it adaptable for any kind of service that may be required of it."

"There is on the market now a motor unit adapted for operating all kinds of kitchen devices." "My cleaning is made easy by the vacuum system piped through the house, 1½-horsepower, with outlets at frequent intervals both as step savers and to avoid the use of the long hose. Once a week I clean all of the rugs, walls, etc., in this manner. It takes two hours for each floor. The dirt and dust are carried to the cellar, and this part of the house and the attic are cleaned once a month by the woman whom I employ three half-days a week during the winter and two whole days in summer. She does the laundry work, window washing, outdoor cleaning and such heavy work as must be done, but none of the cooking or regular housework."

"My sewing machine is run by electricity (1-30-horsepower motor), and electric fans make the house comfortable in hot weather. An electric dishwasher is used in the dining room for cooking things requiring only a few minutes. That is all we do with electricity, except, of course, the lights."

The highest electricity bill for the year—which was for January, the longest month—including lighting and all service, was \$3. For February, \$2.40; March, \$1.90, and April, May and June, \$1 each. These bills are based on a charge of 10 cents per kilowatt hour.

No "ifs," but "Hows."

"There are no 'ifs' in my plan," Mrs. Read declared energetically. "We only



Tea Wagon Service in Dining Room. Glased-In Compartment Keeps Dishes Hot, Bowl of Cracked Ice for Cold.

give our attention to the 'hows' of doing things."

And the various mechanical devices which she has installed are the "hows," the short cuts that simplify her work.

Though her house is arranged in every detail to minimize the labor necessary for its care, it has eleven rooms in two stories, an attic and basement; eight closets, any of them equal in size to a small room; one large and one small bathroom, two lavatories, a sleeping porch, breakfast porch, laundry, several storerooms and numerous glass-doored cupboards, besides the garage and walks, all of which must be cared for. Under less capable management it would require the services of several maids to keep in order, but with her splendid system she does it all with the help of her small daughter of seven and the three half-day services of the laundress.



Mrs. Read's Fireless Cooking Gas Range Was Built Specially for Her. Insulated Circular Hoods and Oven Linings Greatly Reduce Gas Consumption.

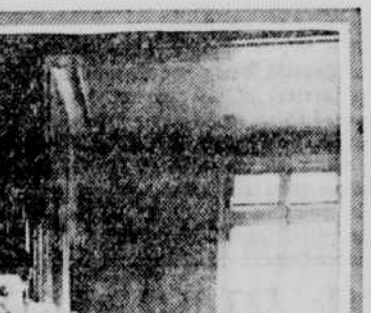
The plan and arrangement of the house, of course, have much to do with the ease with which it is kept so spick and span. Mrs. Read allowed neither mantelpieces nor door-sills anywhere in her house. Mirrors are built in above the great open fireplaces, where real logs repose, all ready for lighting.

A Japanese Refinement. All of her cherished ornaments take a month's turn in being on display. At the end of that time they are put away, giving place to another group, which prevents so many articles being in evidence at one time and requiring the daily dusting. Her furniture is mahogany, her floors hardwood, natural colored and of a dull finish, showing dust and tracks least readily.

In her serving room, opening off her dining room, every imaginable contrivance for convenience has been built in or placed in the most handy location. So also in the kitchen and laundry the

Showing How the Dish Warming Oven Is Built Into the Steam Radiator. Dishes on Tea Wagon Ready for Washing. Goose-Neck Faucet That Prevents Chipping.

Electric lights make safe and sanitary every stair turning and every closet recess. All drawers run on rollers and every knob, hinge and screw has a place and a purpose. Radiators are enclosed; table leaves and trays have cupboard grooves. Each floor has a special closet for its particular set of cleaning materials, so that there is no carrying things up and down. Two closets for the clothing of each mem-



ber of the family make it possible to keep the occasionally worn garments separate from those in daily use. In the big linen room, lighted both by skylight and electricity, an inner cupboard keeps the infrequently used articles apart from those that rotate in use throughout the month, so that nothing has a chance to lie unused, to become yellowed or dusty.

Buying in Large Quantities.

Mrs. Read buys all of her staples yearly. Each October she buys her barrels of flour, sugar, potatoes, her hams, sides of bacon, canned goods and all other groceries, which she gets for fully one third less by wholesale rates. During the winter she goes to market but once a month. She has a northern, outdoor, brick-in, cement-floored, iron grated chamber in which she suspends her sides of beef, quarters of lamb, turkeys, chickens, etc., where they keep as well as in a refrigerator. It is unnecessary to remove either bone or fat. Rinses well before using. If sliced ham dries out enough to become hard and tough put it down cellar in a dish holding enough butter-milk to cover. When used it will be found fresh and tender.—F. W. S., New York.

In hot weather fresh meat can be kept very nicely for one or two weeks by simply immersing it in sour buttermilk and placing it in a cool cellar. It is unnecessary to remove either bone or fat. Rinses well before using. If sliced ham dries out enough to become hard and tough put it down cellar in a dish holding enough butter-milk to cover. When used it will be found fresh and tender.—F. W. S., New York.

If you wish to make powder bright, soak your pieces for a day or two, if very dull, in water in which a small quantity of potash has been dissolved. A lump the size of a hickory nut to each quart of water in the proper proportion. When you take the pieces out, rub them carefully with a cork dipped in oil, then polish with a chamois skin and whiting. Sand is not recommended, but it is often used. When once your powder is bright and well cleaned you can keep it that way by frequent applications of hot water and soap. There has been a revival of interest in powder, and it is being extensively used in country houses in place of silver.—Mrs. J. J. O'C., Washington.

To singe a chicken pour a little alcohol in a soup plate and light. Hold the chicken or parts of chicken to be singed over the flame. When finished let the alcohol burn out. Do not try to put it out. This is more sanitary and less dangerous than the old way of lighting paper.

Mrs. J. F. W., Massport, L. I.

If you wish to wash willow furniture and keep it from turning yellow take a coarse brush dipped in salt water and scrub it well.

Mrs. G. C. S., New York.

Few people are aware, perhaps, that a ripe pineapple cut fine and added to peach marmalade while it is boiling gives a great improvement in flavor.

Mrs. G. C. S., New York.

I have found that iron rust stains can be removed without injury to the fabric by putting the piece into sweet milk and leaving it there until the milk is sour. The acid in the milk will remove the iron rust. Rinse thoroughly.

Mrs. G. C. S., New York.

She Keeps House Perfectly with Electricity and Labor-Saving Devices in Place of Servants.

Mrs. Read denies that to buy things in large quantities is not feasible to the woman who lives in the apartment or small house. "It is all a matter of conservation of space and service," she protested. "Any woman could get away from the last minute race to the corner grocery if she planned right."

The chief marvel of her kitchen is the splendid fireless cooking gas range made especially for her. This is provided with insulated oven linings, special hot plates, and insulated circular hoods which retain the heat and last a lifetime. Five minutes' use of gas makes sufficient heat to cook anything that requires an hour's cooking; when longer cooking is required, the burners are relighted for five minutes or less. There are two ovens and a broiler, so that bread and pastry need not be cooked in the oven used for meats.

For a twelve-pound turkey ten minutes' use of the gas is sufficient in the beginning. For the last half hour of cooking the gas is relighted for from five to ten minutes. For bread only six minutes is needed. Immediately following breakfast the meats, vegetables or special desserts for the day are prepared and those needing long cooking put in the fireless cooker. Then the dishes are all washed up together, including those from dinner the night before, because Mrs. Read allows no dishwashing to break in upon her evenings.

The Mechanical Waitress.

A tea wagon, constructed with a glass compartment, takes care of the service in the dining room, and upon this the entire three or five courses of dinner, breakfast or luncheon are placed, glass bells and bowl of hot water in the glass compartment keeping the hot dishes at the right temperature, and by the same plan a bowl of cracked ice keeps the ices, etc., just as they should be served. Later, this is to have an aluminum box arrangement which will permit of both hot and cold things being carried in the same compartment.

As each course is finished a tray is passed and the silver and dishes used are placed upon it, and then on the lower shelf of the tea wagon. Thus the necessity of the hostess getting up and leaving the table is obviated. Dinner for half a dozen guests may be served in this manner with

perfect ease, but if there are more than half a dozen guests Mrs. Read has some one to serve.

System Rules.

After the breakfast things are finished and the meals for the day started Mrs. Read does light dusting. This is done right straight through the house and the bathrooms wiped up, which, with the bed making, takes altogether but two hours daily of her time. Wednesday morning the dusting is omitted, and the extra hour spent in the kitchen making up cakes, pies and gelfines for the week. Cakes for three weeks are often made at once and kept beautifully moist in the cake box, if a piece of fresh yeast bread is placed therein.

Mrs. Read says that "it is easier to form than to reform," and that in housework the greatest success comes from completing one thing before taking up another line, provided one concentrates upon it. So she dusts all the way through the house instead of just finishing up one room at a time. With her plan the dinner requires never more than fifteen minutes in the afternoon, and the dish washing is never a task. There is no scorched or burned food and no blackened pots and pans to wash up.

She uses her best silver and cut glass and her best china and glass every day. Aluminum utensils of the best quality she considers the best economy, insisting that a \$35 outfit should equip a kitchen nicely.

To economize fuel and get good results, Mrs. Read has transformed the steam radiator in her serving room into a warming closet, in which she cooks cereals and casserole dishes after they have been brought to a boil on the gas range. The steam that is heating the room finishes the cooking. This radiator has a metal box or even matching it in color, with two shelves and two doors to it. It is right over and around the radiator. The entire dinner may be taken up ready for the table and placed here until wanted. The average gas bill is \$1.80 per month, which includes that used for washing and ironing.

"Too many women hide their short cuts," laughed Mrs. Read, pointing to a pile of cut newspapers. "I have no kitchen garden bucket. All waste is gathered up in newspapers or in berry boxes, which are burned."

"My main reason for working out a plan whereby I could do the cooking and the regular housework," concluded Mrs. Read, "was to instill into my little daughter the right standards of living. I want her to be fitted to be an efficient wife; then she will be sure to fit into any position in which she may find herself. I feel that every woman should be fitted to be the partner of the man she marries, knowing how to conserve not only his substance, but her own youth, health and strength, and at the same time to get all of the joy possible out of living. Housework is the most joy-giving service in the world, safeguarding and insuring the comfort of those you love best, and there is nothing menial about it when mixed with brains."

Mrs. G. C. S., New York.

I found one day that blood stains from a pricked finger could be removed from white satin by covering the spot with thick raw starch and leaving it until it thoroughly dried. After a few hours I scraped off the starch with a knife and found that the stain had disappeared and the starch had left no mark.

E. S., New York.

The paint on our house was faded, and also showed the white lead that had been mixed in to lighten the brown. So it was painted with linseed oil, the color came back, the paint looked like new and the painter said it would preserve the boards like another coat of paint. It certainly cost much less, and could be applied by an inexperienced man.—C. B., Florida.

To keep a fire when it is low, and I want to leave the house for two or three hours, I put on just a little coal when I cannot wait for a lot to burn up and shake a handful of common table salt over the coal. This works very satisfactorily.—C. B., Florida.

The finest preparation for taking the fire out of sunburn is made by taking one ounce of quince seed, put it in one pint of boiling water and let it stand on the back of the stove all day, stirring occasionally. The next morning strain it, and when cold add two ounces each of glycerine, rose water and alcohol. A little perfume may be added if desired. This came from an old Indian woman, and I always keep it on hand.—C. B., Florida.